

## For the Children.

## Two Sides of Life.

There is a shady side of life,  
And a sunny side as well,  
And 'tis for any one to say  
On which he'd choose to dwell;

For every one unto himself  
Commits a grievous sin,  
Who bars the blessed sunshine out  
And shuts the shadows in.

The clouds may wear their saddest  
robes,  
The sun refuse to smile,  
And sorrow with her troop of ills  
May threaten us the while;

But still the cheerful heart hath power,  
A sunbeam to provide;  
And only those whose souls are dark  
Dwell on life's shady side

SELECTED.

## The First False Step.

It is the first false step that tells. You know that when you tumble down stairs. Oh, if you only had looked where you set your foot, you never would have had all that rolling and tumbling, beyond your control, until you found yourself at the bottom.

So it is with everything else in the world—with the man who falls into dissipated habits; with the woman who loses her self-respect and that of others; with the man that ends his life with some deed that is dishonorable; with all who follow any courses that bring their penalty of shame, suffering and death. It is the first little step that does all; and it may not be so very bad a step in itself—only a little wrong. It may be only a mistake, indeed, but the end comes all the same.

Let every boy and girl remember this. Just as it does not do to make a mistake at the head of the stairs, so it will not do to make even a mistake in the beginning of life—especially a mistake of the sort that leads to evil—for it often brings one to the bottom at last.—THE MYRTLE.

## Don't Lift.

In fulfilling the daily duties of life, there is much hard, heavy work to be done, requiring the exercise of muscular strength. But in it all wisdom is profitable to direct. Many a man by a sudden hard lift has crippled himself for life; and many a young man, trying to show what he could do, has lifted until he "felt something give way," and has then been obliged to be careful as long as he lived.

I well remember when my father, a man of great muscular power, used to gather his laborers about him when undertaking some heavy work, and almost always the first word would be a word of caution, lest some one who was young and rash should over-lift and injure his health, and preparation would be made for doing the work without unnecessary expenditure of strength.

There is no profit in hasty

or needless exertion. A man gains nothing by ruining his health and crippling his whole life through some foolish show of strength. It is better to put something off until to-morrow; to wait until some one else can help; to contrive and plan work carefully, to use levers and pulleys; to try one's strength cautiously, and keep clearly within the limits of one's powers, and do nothing that is not perfectly safe to undertake, than to throw one's whole strength into a spasmodic effort, which may work permanent and incurable harm.

There is much hard work to be done in the world, and we should preserve our strength to enable us to do our share of it. For men who are rash and reckless speedily ruin their health, and often die in their brown hair, feeble folks who are careful frequently live the longest, and men who are moderate, judicious, and cautious in their endeavors are able to accomplish far more than those who lift and tear around, and cripple and kill themselves in their prime.—H. L. H.

## A Bird's Lesson.

"Try! try!" chirps mother bird to the little ones in the nest. "You can fly if you only try. Watch me and do as I do."

So the birdies spread their weak little wings, and flutter and fall to the ground; but they try again and again, until they learn to mount up in the free air and fly far away.

"Try! try!" is what other mothers say too, and little children hear it in their homes, as well as little birds in their nests.

Try to be pure! Try to be good! Try to be loving! Try to be true!

Right thoughts and deeds are like wings that lift our lives higher. God, who gives the birds power to fly, gives far more to his dear little children—the power to rise to a good life, and to a happy here and hereafter.—SEL.

## "I Can and Will Do It."

I knew a boy who was preparing to enter the junior class of the New York University. He was studying trigonometry, and I gave him three examples for his next lesson. The following day he came into my room to demonstrate his problems. Two of them he understood; but the third, a very difficult one, he had not performed. I said to him:

"Shall I help you?"

"No, sir! I can and will do it, if you will give me time."

I said to him: "I will give you all the time you wish."

The next day he came into

room to recite a lesson in the same study.

"Well, Simeon, have you worked that example?"

"No, sir," he answered; "but I can and will do it if you will give me a little more time."

"Certainly, you shall have all the time you desire."

I always like those boys who are determined to do their own work, for they make the best scholars and men too. The third morning you should have seen Simeon enter the room. I knew he had it, for his whole face told the story of his success. Yes, he had it, notwithstanding it cost many hours of the severest mental labor. Not only had he solved the problem, but, what was of infinitely greater importance to him, he had begun to develop mathematical powers, which under the inspiration of "I can and I will," he has continued to cultivate, until, today, he is professor of mathematics in one of our largest colleges, and one of the ablest mathematicians, of his years in our country.—SELECTED.

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Zanesville	4 15	7 55	12 10	6 30 a. m.
Cambridge	4 43	3 00	1 35	7 30
Bellaire	6 23	5 06	3 17	9 35
Pittsburg		pm	pm	6 55 p. m.
Washington	6 30	7 20	6 30	
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Wheeling		8 15	10 50	9 40 8 00
Bellaire		7 53	11 33	9 35
Cambridge		9 25	12 24	13 23
Zanesville		10 12	1 20	12 30p
Columbus Arrive	11 55	2 10	2 40	8 40
Cincinnati		7 30	6 50	
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